

Is Your Colonoscopy Screening or Diagnostic?

When your doctor schedules your colonoscopy it may be defined as screening or diagnostic.

A *screening colonoscopy* is when your doctor does not detect any health problems before, during or after your colonoscopy.

A *diagnostic colonoscopy* is when your doctor detects signs and/or symptoms of a potential health problem prior to your colonoscopy.

During the course of your screening colonoscopy, it can easily change from screening to diagnostic. An example of this would be if the doctor finds a health problem or needs to immediately remove a polyp. If this occurs, your insurance may not cover the same costs as a screening colonoscopy.

Know Your Insurance Coverage

WHC is unable to tell you what your insurance plan covers. Please contact your insurance company before your scheduled colonoscopy to learn what is covered. Our office may call your insurance for pre-authorizations prior to your colonoscopy, but this does not guarantee payment for the service.

Billing Questions

WHC staff is here to help answer your billing questions. Please call our Clinic Billing Office at (319) 483-4889.

SUTAB Prep

Preparing For Your Colonoscopy

SUTAB is a split-dose (2-day) regimen. A total of 24 tablets is required for complete preparation for colonoscopy. You will take the tablets in two doses of 12 tablets each. Water must be consumed with each dose of SUTAB, and additional water must be consumed after each dose.

WAVERLYHEALTH
— C E N T E R —
GENERAL SURGERY CLINIC

(319) 352-8033

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Date of Colonoscopy:

Time: Surgery will call you with your time 1-2 business days beforehand.

Check-in at surgery complex:

1. Park in the Red Lot
2. Take the elevator to the 2nd Floor
3. Turn left off the elevator and follow the hallway to the surgery complex

Special Notes

- ☒ You need a driver to take you home. You cannot drive for 24 hours after.
- ☒ For 7 days before, do NOT take: regular (325 mg) Aspirin, Ibuprofen (Advil, Motrin, etc), Naproxen (Aleve), Mobic (meloxicam) and other anti-inflammatory medications.
- ☒ Baby (81 mg) Aspirin is ok if taking to thin your blood.
- ☒ Tylenol (acetaminophen) is okay to take.
- ☒ Hold Lisinopril day of procedure
- ☐ For 5 days before, stop taking iron supplements.
- ☐ No PLAVIX/COUMADIN/EFFIENT/ELIQUIS for ____ days before.
- ☐ Do NOT take Lasix (Furosemide), Hydrochlorothiazide (HCTZ), Spironolactone, or other “water pills” the day of your procedure.
- ☐ **Diabetics: Please mention to nurse if you take any weekly injection for diabetes and or weight loss.**
 - Take ½ dose of diabetic medicine the night before your procedure.
 - DO NOT take any diabetic medicine the morning of your procedure.
- ☒ Continue blood pressure, heart and other prescription medicines except those listed above. *You may take these with a sip of water the morning of your procedure.*

TWO DAYS PRIOR TO SCOPE

Increase your water intake (8 glasses of water is recommended). Light diet of soft foods.

ONE DAY PRIOR TO SCOPE

Drink only clear liquids all day- **NO reds**

Begin a clear liquid diet ONLY – NO FOOD. Examples: water, coffee, or tea (with no milk or creamer,) Jello, popsicles (no red,) chicken/beef broth, fruit juice (no pulp.)

ONE DAY PRIOR TO SCOPE

The day before your colonoscopy, open the first bottle of 12 tablets and take SUTAB as described below.

STEP 1 Remove and discard the desiccant (small white packet) from both bottles. Set aside the second bottle for day 2.

STEP 2 Fill the provided container with 16 ounces of water (up to the fill line).

Swallow 1 tablet every 1 to 2 minutes. You should finish the 12 tablets and the entire 16 ounces of water within 20 minutes.

STEP 3 One hour after taking all 12 tablets, drink **TWO** additional 16 ounce containers of water.



DAY OF SCOPE

Do not drink anything 4 hours before your test, **except:**

4 hours prior to checking into the hospital, take the second bottle of Sutab. Repeat steps 2 & 3 from day one prior to scope.

No additional fluids or FOOD prior to arrival.

Helpful Hints

- If you experience preparation-related symptoms (for example, nausea, bloating, or cramping), pause or slow the rate of drinking the additional water until your symptoms diminish.
- **Optional:** You may want to use a barrier cream to your bottom such as Desitin, A&D ointment or similar product to help prevent irritation.

No smoking, vaping, chewing, dipping the morning of surgery!

Office Follow-up Visit